



Parenting

HANDBOOK



Telford & Wrekin
COUNCIL



HANDBOOK Introduction

The parenting support handbook is a guide for parents and carers of children and young people in Telford and Wrekin. It will give you practical advice and guidance to help you in the most important role of being a parent.

Telford and Wrekin Council and its partners are committed to ensuring children are able to achieve their very best. The handbook covers many aspects of parenting, plus local services and activities and contacts for further information, advice and help.

Being a parent is one of the most difficult tasks there is. Most parents need help from time to time and this guidance is designed to be a useful and practical tool for parents, carers and professionals.



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1. 0-5 Years Old

Key things to consider:

- Sleeping
 - Weaning
 - Behaviour
 - Temper Tantrums
-

For more support and help call the
Health Visitor advice line on
0333 358 3328

Sleeping

Some babies sleep much more than others. Some sleep for long periods, others in short bursts. Some soon sleep through the night and some don't for a long time. Your baby will have their own pattern of sleeping and waking, and it's unlikely to be the same as other babies you know.

Keep the same bedtime and awaking time seven days a week. Offer regular daily naps. Create a comfortable sleep environment. Foods can affect sleep. Carbohydrate rich foods can have a calming effect on the body, while foods high in protein or sugar can keep children awake. Help your child to be healthy and this will aid tiredness when coming to the end of the day, as they will have had ample daily exercise.



Weaning

Weaning is when you start to introduce solid foods. This should start when your baby is around six months old. Babies don't need three meals a day to start

with, so you start by offering foods at a time that suits you both. Gradually you'll be able to increase the amount and variety of food your baby eats until they can eventually eat the same as the rest of the family, in smaller portions.

For more support and help call the Health Visitor advice line on
0333 358 3328

Behaviour

- 0-1 Month – Crying is normal; your baby needs to feel calm, safe and have a routine.
- 2-3 Months – A wide variety of feelings and emotions are expressed through smiles and frowns, body movement, gurgling and cooing. Your baby can be comforted by being fed and cuddled.
- 4-6 Months – Your baby is beginning to show fear around unknown people. Calmed when picked up and on hearing familiar voice.
- 6-12 Months – There may be a strong reaction to strangers and clinging to the parent. Enjoys attention. Emotional expressions are increased to include fear and sadness.

- 12-18 Months – Begins to show negative emotions and may resist naps, refuse some foods and may have tantrums. Needs comfort and reassurance from parents and carers.
 - 2 Years – Becoming more independent. Temper tantrums are common and they tend to cry, scream, kick, bite and can be rough with other children. Needs to be told what is right and wrong.
 - 3 Years – Play is the main activity at this stage with a vivid imagination. Less frustrated and angry. They can still have a fear of darkness.
 - 4 Years – They love showing off and play is still very important. They can still demonstrate stubbornness and aggression. Needs parents for support and reassurance.
 - 5 Years – Becoming more independent and can be serious and realistic at times. Friendly and talkative to strangers. Protective towards parents, younger child or pet. Less frustrated and less angry. Requires continued support from parent or carer.
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Temper Tantrums

A tantrum is a sudden, intense display of uncontrolled anger or frustration. Screaming, kicking, falling on the ground or other forceful body motions are typical. Tantrums are most common in children ages 15 months to 4 years old.

Tantrums are most likely to happen when toddlers are hungry, tired, frustrated, or overexcited. Try to understand your child's tantrums. When and where do they occur? What happens before, during and after? Give your child a few minutes warning before ending or changing activities. Stay calm. Model the desired behaviour for your child by controlling your own emotions. Screaming and shouting make the situation worse. Spanking is not acceptable in any situation.

Potty Training

Potty training is one of the major accomplishments of early childhood. But before your child can master it, they have to be both biologically and emotionally ready. Get a potty chair and put it in the most convenient place where your child spends most of their time. Let your child

explore the chair and become familiar with it and try not to train them when they are stressed.

Step by Step Guide

1. Introduce the potty. There's a wide range for when children start potty training, though it's typically between 18 and 24 months.
2. Look for signs of readiness. Here are clues that your child may be ready: He shows an increased interest in using the potty; feels uncomfortable in dirty nappies; talks about the potty; can get dressed by himself; goes to the bathroom on some sort of schedule; can follow simple instructions; and stays dry for longer periods of time.
3. Pick and buy the right potty. Buy the necessary equipment, either a full potty that sits on the floor or a potty seat that goes on top of the adult toilet. Some parents prefer to set up several potties throughout the house (for instance, keeping one in the kitchen or the living room as well as the bathroom)
4. Choose the right time carefully. Even if your child seems ready, experts say to avoid potty training during transitional or stressful times. For instance, if you're moving, taking a vacation, adding a new

baby to the family, or going through a divorce, or if your child is starting a new school, postpone the potty training until about a month after the transitional time (or earlier, if your child seems eager to start.) Children trying to learn this new skill will do best if they are relaxed and on their regular routine.

5. Demonstrate the potty training methods. When you're ready to start training, choose certain times in the day to take your child to the potty (whether or not he has to go). You might want to have him sit on the potty every two hours, including first thing in the morning, before you leave the house, and before naps and bedtime.
6. Teach proper hygiene. When you're potty training, it's important to include a lesson on keeping clean. Instruct both girls and boys how to wipe front to back, to flush, and to wash their hands with soap and water afterward.

7. Offer praise and rewards. When you're potty training, accidents are part of the process; some kids still have accidents through age 5 or 6, and many don't stay dry at night until that age (or even later). Never punish your child for wetting or soiling his pants; he's just learning and can't help it. In fact, doing so might only make your little one scared of using the potty, and that, in turn, will delay the whole process even further. Instead, when your child uses the potty successfully, offer gentle praise and a small reward.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

Health Visitors 0-5 Years 'Helping parents with their under 5's' **0333 3583 328** or text **07964 134 107**

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/potty-training-tips.aspx#close>

2. Adolescence and Puberty

Key things to consider:

- Listening is the key to a good relationship.
- Your teenager wants independence. But still needs you!
- Hormones set off physical changes, mood swings and changes in feelings.



Warning Signs

Mood swings, arguments, talking back, an 'over-the-top' interest in hygiene, or a complete lack of it are quite normal. As well as coping with emotional changes brought on by hormones, your child will also have to deal with physical changes too.



Action

Listening and talking to your teenager will help you understand what they are going through emotionally and physically. One of the best things you can do for your child is let them know that you are there for them.



What to say

Teenagers can be clever, interesting and thoughtful as well as having set ideas, being sarcastic and sulky. Bring out the best in them by talking things through. You will probably have to answer lots of questions so be well prepared with simple facts.



Prevention

Remember you are the adult! Being flexible and bargaining may work better than making rules and demands. The more information your teenager has the better they will be able to cope with the changes that come with puberty. Talk to your teenager.

Contacts:

Family Connect 'Getting the right help at the right time' **01952 385385**
or email familyconnect@telford.gov.uk
or text **07797 875 385**
or visit www.familyconnecttelford.co.uk

School nursing service **0333 358 3328**
Parentline Plus **0808 800 2222**
www.familylives.org.uk
www.nhs.uk

3. Anti-Social Behaviour

Key things to consider:

- Positive parenting can help your child's behaviour.
- Peer pressure and boredom are some reasons given by teenagers for offending.
- Your local council can advise you about ways of solving problems.



Warning Signs

Missing school or being in trouble at school, stealing, having unexplained amounts of money, mixing with a bad crowd, using drugs and/or alcohol, rudeness or violence towards you or others are all signs of disruptive behaviour that needs to be dealt with as soon as possible.



Action

Talk to your teenager about their behaviour. Find out why they are doing it and what action can be taken to stop it. Do not feel you are alone. There are schemes in place to help your child to aim towards education, training or employment rather than crime.



What To Say

Try not to judge, but explain that you want to help stop this behaviour and you need to work together, maybe also with outside help, to steer them back onto the right path. Explain where this behaviour could lead unless it is stopped now.



Prevention

Keeping an open relationship and talking to your child will help them. Young people from good family homes are less likely to offend. Take an interest in schoolwork and encourage after school activities such as sports, art programmes or courses.

Contacts: Family Connect 'Getting the right help at the right time' **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit

www.familyconnecttelford.co.uk

School Nursing Service **0333 358 3328**

Youth Justice Board For England And Wales
020 3334 5300

National Careers Service **080 800 13219**

<https://nationalcareersservice.direct.gov.uk/>

More help with parenting call Family Connect on **01952 385 385**

4. Building blocks for Good Behaviour

Key things to consider:

- Parents have a vital job teaching their children how to be a good person
- Young children want their parents' approval so childhood is a good time to teach them positive behaviour
- Use positive feedback to build your child's self-esteem
- When you praise your child, explain exactly why you are pleased with them
- Children are happier if they have rules to follow
- You can use play to teach your child about good behaviour



Action

What you say to your child and how you treat them can hugely influence their behaviour as they grow up. Develop a good relationship with them before they reach their teenage years.

Role model good behaviour so your child can follow your example. Family guidelines are helpful. They work best when they are clear, consistent, realistic, and fair.

Family reward systems are a visual reminder of the praise you are giving. Offer your child guided choices (2 clear options). Children love being able to choose and they are more likely to be co-operative.



Warning Signs

Is your child's self-esteem low? Do they say things like 'I'm stupid' or 'I'll never be able to do this right' If so, their confidence has been damaged somehow.



4. Building blocks for Good Behaviour cont



What To Say

Praise your child when they're good. When they do something difficult, say 'Well done, you managed that, even though it was hard.' Don't lose your temper when you discipline your child and make it clear that you're unhappy with their behaviour, not them as a person.



Prevention

You can help prevent challenging behaviour when your child gets older by putting in the hard work now – it really is worth it!



Contacts: Your Doctor

Family Connect 'Getting the right help at the right time' **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

Health Visitors 0-5 Years 'Helping parents with their under 5's' **0333 3583 328** or text **07964 134107**

School Nursing Service **0333 358 3328**

Family lives **0808 800 2222**
www.familylives.org.uk

5. Bullying

Key things to consider:

- Bullying behaviour is never acceptable
- Act immediately if you think your child is being bullied
- Encourage your child to tell and keep a diary
- Speak to your child's school immediately if you have concerns



Warning Signs

Signs your child may be a victim of bullying include running away, non-attendance at school, unusual changes in behaviour. Your child has injuries with no feasible explanation for them.



Action

If your child tells you about someone who is being bullied – listen carefully and take this seriously. See their school for support and action. If bullying is occurring outside school, consider contacting the family of the child who is bullying and try to find a way to work together to sort it out.



What To Say

Tell your child to refuse to put up with bullying walk away, tell an adult or friend and avoid fighting. Listen to your child, reassure and be there for them. Tell them to tell the bully how they feel and that they want them to stop.



Prevention

Talk to your child about their school day. Teach your child to respect others from a young age and to be kind. Teach your child that prejudice and bullying is unacceptable.

Contacts: Family Connect 'Getting the right help at the right time' **01952 385385** or email **familyconnect@telford.gov.uk**

or text **07797 875 385** or visit

www.familyconnecttelford.co.uk

School Nursing Service **0333 358 3328**

Advisory Centre for Education (ACE)

0300 0115 142

Child Line **0800 1111**

Kidscape **020 7823 5430** Open Mon -Thurs
9am-1pm

Familylives **0808 800 2222**

www.ace-ed.org.uk

www.childline.org.uk

www.kidscape.org.uk

6. Children with a Disability

Key things to consider:

- Your child is protected by the Disability Discrimination Act.
- There are many forms of extra services, support and financial help available to you and your child.
- You may be able to receive financial help to assist with caring for your child.



Warning Signs

Some children's disabilities are spotted early. Others take time to appear or suddenly. If you think your child may have some form of disability, contact your Health Visitor or Doctor for advice.



Action

Don't think you have to go it alone. Get as much information as you can about your child's condition. Find out what services, support, benefits and advice are available and make contact.



What To Say

There are many organisations specially set up to give support and advice to parents of children with a disability. Contact them and tell your story. There will be others out there just like you.



Prevention

You can't stop your child's condition. But you can help with the disability they experience by making sure that they get the best support available and by remembering that they have rights.

Contacts:

www.podstelford.org or **01952 271532** or email: info@podstelford.org

Health Visitors 0-5 Years 'Helping parents with their under 5's' – **0333 3583 328** or text **07964 134107**

NHS Direct – www.nhs.uk – **111**

www.contact.org.uk – **0808 808 3555**

Carers UK – www.carersuk.org – **0808 808 7777**

National Deaf Children's Society (NDCS) **0808 800 8880** – www.ndcs.org.uk

IASS – <http://www.telfordsendiass.org.uk/> – **01952 457176**

www.familyconnect@telford.gov.uk

7. Domestic Abuse

Key things to consider:

- Domestic abuse can teach children to use violence
- Abuse can affect children in serious short term and long-lasting ways
- Children will often blame themselves for domestic abuse



Warning Signs

Any abuse between adults will affect children badly. Get support and help as soon as possible. The longer it lasts the more damaging violence is.



Action

Report your concerns about yourself or someone else to the Police. If you are worried that your child might be affected, talk to them about what is happening. Spend time together talking through worries they have.



What to say

Children need time to talk about the feelings they have about violence. Children need to know that it is not their fault and that this is not the way it should be.



Prevention

A violent partner must seek help to stop their actions. Make sure that you offer a good role model for children so that they learn better ways of acting.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

Health Visitors 0-5 Years 'Helping parents with their under 5's' – **0333 3583 328** or text **07964 134107**

National Domestic Violence Helpline – **0808 2000 247**

<https://freedomprogramme.co.uk/>
www.nationaldomesticviolencehelpline.org.uk
www.womensaid.org.uk
www.refuge.org.uk

8. Internet Safety

Key things to consider:

- The internet can be useful and fun
- Take time to be aware and informed on social media apps and sites that children and young people use
- Ensure your child is accessing age appropriate sites and content, check or encourage them to put in place privacy settings



Warning Signs

Keeping it secret when using the internet, changes in how they act, unusual sexual questions, leaving clues (such as emails) that they are having chats with others which seem sexual or you are not comfortable with, or problems at school and not telling you where they are going or who they are meeting.



Action

Set up and stick to your internet use ground rules. Learn all you can about the internet and how to use it yourself so you can understand what your child is viewing and whether it is suitable.



What to say

Try to ensure that your child limits the personal information that they share, who they accept to view their information and participate in conversation and the content of what they are posting. Unfortunately there are people including peers who can pose a risk. If in doubt ask for advice.



Prevention

Try and ensure that your child accesses the internet whilst in a room with a parent/carer. This can be more difficult with older teenagers and the rights to privacy and therefore monitoring and discussion regarding the possible dangers is so important.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**
School Nursing Service **0333 358 3328**
Child Exploitation and Online Protection Centre (CEOP) – **0870 000 3344**
www.ceop.police.uk
www.kidsmart.org.uk
www.chatdanger.com

9. Employment

Key things to consider:

- Work related training means the chance of a better job
- Jobs with training often offer work and qualifications
- Prepare your child for interviews



Warning Signs

If your child tells you they want to leave school at 16, make sure they know how much this is going to cut down their choice of jobs for the future. Employers prefer young people with skills.



Action

If your child is sure they want to leave school get them to choose a job that offers training or options to train that will improve their chance of a good job.



What to say

Try to get your child to stay on in further or higher education and ask their school for advice. Discuss different job ideas, such as an apprenticeship or work-related education and training.



Prevention

There is lots you can do to make your child feel good about their education before they reach 16. By choosing the right subjects at 14, they are less likely to want to leave at the first chance and by staying in education they gain useful skills.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

Future focus – **01952 388988**

<http://www.telfordjobbox.co.uk>
www.gov.uk/jobsearch
<http://telfordcab.co.uk>

10. Loss and Bereavement

Key things to consider:

- Death affects everyone differently
- Talking helps ease the pain
- Understanding how to cope will help



Warning Signs

Everyone reacts to death differently and it takes some people longer than others to come to terms with a loss. Give your child as much time and patience as they need.



Action

Take your cue from your child. You may not be the person they find it easiest to talk to, so encourage others to be there for them. But always let them know that you are there for them if they need you.



What to say

Your child may think it's too painful for you to think about a loved one who has died. But talking about someone who has died keeps their spirit alive. Remember

to let them know it's alright to still laugh – it doesn't mean you're grieving any less.



Prevention

Keep the lines of communication open as the more you talk, the easier the healing process will be. As a parent you can help your child through this difficult time. You can tell them if someone you know has died, and how it made you feel.

Contacts:

Hope House – **01691 671 999**

Family Connect 'Getting the right help at the right time' – **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

Health Visitors 0-5 Years 'Helping parents with their under 5's' – **0333 3583 328** or text **07964 134 107**

Cruse Bereavement Care Helpline – **0844 477 9400** or **www.cruse.org.uk**

School Nursing Service – **0333 358 3328**

Health Visitor Advice Line – **01952 580 375**

<http://www.hopehouse.org.uk/care/care-services/bereavement-support.html>

www.rd4u.org.uk

www.winstonswish.org

11. Missing from Home

Key things to consider:

- Make time for your child to talk to you about their worries – even when you have to put in boundaries
- If your child runs away they are not being naughty, they need your help
- Be honest about things that might be happening in the family
- Look for signs that your child might not be happy at home



Warning Signs

There may be none but does your child seem to be unhappy? Are you sure that they are not having difficulties or being bullied at school? Has anything happened in your family which you haven't talked about.

Pull Factors which may contribute to your child going missing could include:

- Grooming
- Peer pressure
- Offers of affection
- Money, gifts
- Protection
- Independence
- Illegal activities
- Somewhere to stay



Action

If your child seems unhappy about anything in their life, talk to them and try to find out what the problem is before it gets any worse. Contact the Police if your child goes missing and you don't know where they have gone.

11. Missing from Home cont



What to say

Tell them how important they are to you. When you have to tell your child off, tell them that it's their behaviour that is the problem – not them. If something has gone wrong in the family, don't let the child think it's their fault.



Prevention

Be alert to any unexplained changes in your child's behaviour? Spend time with them and be interested in their lives and worries. Do you know who your child's friends are? Be very careful about their access to the internet and chat rooms.

Contacts:

Non Emergencies West Mercia Police –
101

Samaritans National – **08547 116 123**

Samaritans Local – **01952 116 123**

Missing Persons Helpline (24hrs) – **116 000**

NSPCC – **0808 800 5000** www.nspcc.org.uk

Childline – **0800 1111** www.childline.org.uk

www.childline.org.uk

Family Connect – **01952 385385**

or email familyconnect@telford.gov.uk

or text **07797 875 385** or visit

www.familyconnecttelford.co.uk

www.samaritans.org

www.missingpeople.org.uk

12. Oral Health

Key things to consider:

- A regular teeth-cleaning routine is essential for good dental health.
- Brush your child's teeth for about two minutes twice a day: once just before bedtime and at least once during the day.
- All children can use family toothpaste containing 1,350-1,500ppm fluoride as long as you supervise brushing until the age of seven and make sure they don't lick or eat the toothpaste from the tube.
- Encourage them to spit out excess toothpaste but not to rinse with lots of water. Rinsing with water after tooth brushing will wash away the fluoride and reduce its benefits.
- Take your child for regular dental check-ups as advised by the dentist.



Warning Signs

Bad breath, bleeding gums and loose teeth are all warning signs for poor oral health.



Action

Visit your dentist as soon as you can. Ensure regular check-ups to monitor your teeth.



What to say

Negotiation can be a powerful tool when bringing up children. Say that if they clean their teeth well for two minutes morning and night, they will be rewarded with something they enjoy such as a trip to the park or their favourite story.



Prevention

Introduce teeth cleaning into the morning and bedtime routine. e.g. if you always do bath, pyjamas, teeth and story in that order, then your child will soon come to realise that teeth cleaning is all part of their normal routine.

Contacts:

Health Visitors 0-5 Years **0333 3583 328**
or text **07964 134 107**
www.nhs.uk

13. Parenting Contracts and Orders

Key things to consider:

- If your young person behaves badly, you might need extra help and support.
- You may need to get a parenting contract (PC) or parenting order (PO) if your young person has been given an anti-social behaviour order (ASBO).
- A parenting contract or parenting order isn't a punishment – it's a way to help you deal with your young person's unacceptable behaviour.



Warning Signs

If you think your young person is getting into trouble, find out why and try to help them behave better. If your teenager is excluded from school permanently, commits an offence or gets an ASBO, you may get a Parenting Order.



Action

If you think your young person is getting into trouble, find out why and try to help them behave better. If your teenager is excluded from school permanently,

commits an offence or gets an ASBO, you may get a Parenting Order against you.



What To Say

Talk to your young person about their behaviour, and find out why it's happening. If your teenager has been asked to take part in a scheme to improve their behaviour, encourage them to do this.



Prevention

Remember that you can have a strong influence over your teenager's behaviour in the future. Make sure they know how important it is to go to school, and point out that if they have a criminal record they'll find it harder to get a job they want later on.

Contacts:

YOS – Youth Offending – **01952 385985**

Family Connect 'Getting the right help at the right time' – **01952 385385**

or email **familyconnect@telford.gov.uk**

or text **07797 875 385**

or visit **www.familyconnecttelford.co.uk**

14. Positive Parenting and Self-Esteem

Key things to consider:

- Children need to feel secure, loved and valued – this is the basis of self-esteem and confidence
- Noticing and praising good behaviour is the best way of having a good effect on how your child acts
- Be realistic about what you expect from your child
- Do things together with your child that you both enjoy – have fun!



What to say

With younger children, set rules. With teenagers, remember that you are in charge. Even if you only get a grunt, don't give up on talking to them.



Prevention

Be a little crazy! Have fun with your child. Try to get them to make friends and have outside interests. Listen carefully to your child's point of view. Help them think through choices.



Warning Signs

There may be none. Is your child eating well? Getting enough exercise? Any changes in how they act? Is your child trying to tell you something? Are they constantly unhappy, with mood changes and temper tantrums?



Action

Be involved and develop a good relationship with your child before they reach their teens. Lead a healthy lifestyle. Do things together.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385**
or email familyconnect@telford.gov.uk
or text **07797 875 385** or visit
www.familyconnecttelford.co.uk

Health Visitors 0-5 Years 'Helping parents with their under 5's' – **0333 3583 328** or text
07964 134 107

Family Lives – **0808 800 2222**
www.familylives.org.uk

www.beeu.org.uk

15. Separation and Divorce

Key things to consider:

- Separation can be as upsetting for your children as it is for you
- Talking helps them understand what will be happening in their lives
- Let me know you will both still be there for them



Action

Saying bad things or fighting with your partner in front of children is only going to hurt them. Try to keep calm when talking about what's going to happen as how you handle things will have a big impact on their future.



Action

Tell your children about what's happening and how it will affect their lives. Show them that their well-being is important to you both by listening to their feelings and wishes.



What to say

Children often think the break-up of their parents is somehow their

fault. Explain why you are breaking up and that it is nothing to do with things your child may have said or done. Always give them a chance to talk about their feelings and worries.



Prevention

If you do separate or divorce, try to stop your children feeling hurt, guilty, or unloved. Talk to them so they understand why you are breaking up and let them know that both of you will do what you can to keep their lives as normal as possible.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

Health Visitors 0-5 Years 'Helping parents with their under 5's' – **0333 3583 328** or text **07964 134 107**

School Nursing Service – **0333 358 3328**
Family lives – **0808 800 2222**

www.familylives.org.uk
www.justice.gov.uk
www.actionforchildren.org.uk

16. Child and Criminal Exploitation

Child exploitation includes:

- Child sexual exploitation
- Criminal exploitation (including County lines)
- Forced Marriage
- Honour based violence
- FGM
- Radicalisation
- Forced labour

Child Sexual exploitation

“Child sexual exploitation is a form of sexual abuse. It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity (a) in exchange for something the victim needs or wants, and/or (b) for the financial advantage or increased status of the perpetrator or facilitator.

The victim may have been sexually exploited even if the sexual activity appears consensual.

Child sexual exploitation does not always involve physical contact: it can also

occur through the use of technology.”

(HM Government, 2017)

CSE is often indicator based as young people rarely understand what is happening and therefore do not disclose this type of abuse.

The indicators of child sexual exploitation?

- Staying out late, unexplained absences or going missing
- Unexplained gifts (which can include cigarettes, alcohol, drugs, food)
- Self-harm
- Significant changes in behaviour
- Substance misuse
- Change in appearance
- STI's or pregnancy
- Withdrawal from family relationships
- Change of peer group or withdrawal from usual peer group
- Secretive about lifestyle
- Secretive and excessive mobile and internet use

16. Child and Criminal Exploitation cont

- Truancy or exclusion from education
- Association with peers already identified as at risk of CSE
- Relationships with older people

There are different models of grooming as follows:

- Groups
- Street
- Lone-perpetrator
- Party
- Online
- Peer on peer
- Older relationships

Children and young people who are victims of CSE often do not understand that they are victims. This is due to the grooming process and their lack of awareness around what is happening to them. It is therefore important to seek advice if you believe this could be happening to your child or someone that you know.

Criminal Exploitation

Child Criminal Exploitation occurs where an individual or group takes advantage of an imbalance of power to coerce, control, manipulate or deceive a child or young person under the age of 18. The victim may have been criminally exploited even if the activity appears consensual. Child Criminal Exploitation does not always involve physical contact; it can also occur through the use of technology.

Criminal exploitation of children is broader than just county lines, and includes for instance children forced to work on cannabis farms or to commit theft.'

Indicators

- persistently going missing from school or home and / or being found out-of-area;
- unexplained acquisition of money, clothes, or mobile phones
- excessive receipt of texts / phone calls and/or having multiple handsets

16. Child and Criminal Exploitation cont

- relationships with controlling / older individuals or groups
- leaving home / care without explanation
- suspicion of physical assault / unexplained injuries
- parental concerns

Radicalisation

Preventing young people being drawn into extremism.

In a similar way to Child Protection, Channel is a multi-agency safeguarding programme run in every Local Authority in England and Wales. It works to support vulnerable people from being drawn into terrorism and provides a range of interventions such as mentoring, counselling and many other measures according to individual circumstances. Channel is about early intervention to protect vulnerable people from being drawn into committing terrorist-related activity and addresses all types of extremism.

It is important to note that participation in Channel is voluntary. It is up to an individual, or their parents for children aged 17 and under, to decide whether to take up the support it offers. Channel does not lead to a criminal record.

Contacts:

Child Exploitation:

CATE @ Family Connect (Children Abused Through Exploitation) – **01952 385 385**
Family Connect 'Getting the right help at the right time' – **01952 385385**
or email familyconnect@telford.gov.uk
or text **07797 875 385**
or visit www.familyconnecttelford.co.uk
Childrens Society –
www.childrenssociety.org.uk
www.bespaceaware.co.uk
www.nwgnetwork.org
NSPCC – **0800 800 5000**
Asian Child Protection Line – **0800 096 7719**
PACE (Parents Against Child Exploitation)
– **0113 240 3040**
www.ceop.gov.uk
www.paceuk.info
www.barnados.org.uk
www.gov.uk

Criminal Exploitation:

Police – **101** Emergency **999**
Crimestoppers – www.crimestoppers-uk.org
or **0800 555 111**

17. Sexual Health

Key things to consider:

- Talking to young people openly about sex can help to delay the age at which they first have sex and make it more likely that they will use contraception when they do.
- If a young person is sexually active condoms help protect against Sexually Transmitted Infections (STI's) and pregnancy.
- Many STI's do not have any symptoms; therefore you may not know if you have one. Testing is the only way to be sure.



Warning Signs

Young people are starting to have sex younger and younger. Don't think this won't happen to your teenager. By the time you see the warning signs it may be too late to give them the help they need. Make sure they learn about sex early on.



Action

There are many leaflets, books and websites that can give you advice on how to tackle the subject of sexual health with your teenager. The more you read, the more comfortable you will be talking about it.



Warning Signs

Rather than sitting down and having a one off talk about sex, STI's and relationships it may be better to have regular chats, like when doing the washing up, for example. Use magazines and TV programmes to help bring up subjects and to use as examples.

Continued over...

17. Sexual Health cont



Prevention

The more your teenager knows about sex, the longer they are likely to wait for their first time. The more likely they are to use contraception to stop STI's and pregnancy. Make sure you have the information to help them.



Contacts:

Your Doctor

School Nurse Service - **0333 358 3328**

Family Connect 'Getting the right help at the right time' – **01952 385385**

or email **familyconnect@telford.gov.uk**

or text **07797 875 385**

or visit **www.familyconnecttelford.co.uk**

Family lives – **0808 800 2222**

Sexual Health Line – **0300 123 0994**

Telford Sexual Health Service –
www.openclinic.org.uk

www.brook.org.uk

www.familylives.org.uk

www.nhs.uk

18. Stress and Anxiety (Parent)

Key things to consider:

- Stress affects people in different ways
- Recognise the signs of stress and how to deal with them
- Feeling supported will help you feel you can cope



Warning Signs

Losing your temper when you normally wouldn't; bad moods, forgetfulness, tiredness and sadness. Stress can also cause panic attacks, problems sleeping and depression.



Action

Look at the stress factors in your life and go through them one by one to work out how each can be resolved. Just recognising stress factors is a good start. Get as much support as you can from your children, friends, family and neighbours as sharing problems helps.



What to say

Talking about problems will help until you feel you can cope. Try to deal with each problem as it happens; it's much easier to deal with one at a time and will help you keep things clear in your mind.



Prevention

Don't wait to get help until you feel you are not alone. Discuss any problems with your teenager – young people can be more understanding than you think!

Contacts:

Family Connect 'Getting the right help at the right time' - **01952 385385** or email familyconnect@telford.gov.uk or text **07797 875 385** or visit www.familyconnecttelford.co.uk
Health Visitors 0-5 Years 'Helping parents with their under 5's' - **0333 3583 328** or text **07964 134 107**
Branches - www.tacteam.org.uk/branches
School Nursing Service - **0333 358 3328**
Family Lives - **0808 800 2222**
MIND Info Line - **0300 123 3393**
www.familylives.org.uk
www.mind.org.uk
www.workingfamilies.org.uk

19. Stress and Anxiety (Child)

Key things to consider:

- Children can feel stressed for many reasons
- Sometimes parents don't realise they're putting too much pressure on their child to do well at school
- Children can pick up on their parents' worries and get stressed too
- Exercise is a great way to reduce stress



Warning Signs

Warning signs that your child is stressed include mood swings, trouble sleeping, nightmares, bedwetting, trouble doing schoolwork, stomach aches, headaches, preferring to spend time alone, overreacting to minor problems.



Action

Make sure your child gets enough sleep and eats healthily. Exercise can also reduce stress, so encourage your child to run around with friends outside.



What to say

Your child will find it easier to cope with stress if you talk to them about what's causing it. Tell them it's normal to feel stressed now and again, but it's also good to know how to relax and make yourself feel better when you're upset.



Prevention

Make time for your child every day so they feel they can talk to you if anything's worrying them. Look ahead to times when your child might worry, like going back to school after the holidays for example, and talk about the events well in advance.

Contacts:

Family Connect – **01952 385385** or email **familyconnect@telford.gov.uk**
or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

Health Visitors 0-5 Years 'Helping parents with their under 5's' – **0333 3583 328**
or text **07964 134 107**

School Nurse – **0333 358 3328**
Family Lives – **0808 800 2222**
Young Minds – **0808 802 5544**
www.familylives.org.uk
www.youngminds.org.uk
www.beeu.org.uk

20. Substance Misuse

Key things to consider:

- Make sure you know about drugs and their possible effects
- Prevention is better than cure
- Talk to your children about drugs from a young age



Warning Signs

In general terms if your child's appearance, behaviour or financial situation changes dramatically you should include drug and alcohol use in your list of 'I wonder if...' questions.



Action

Observe and talk to your child if you are worried. In an emergency contact an ambulance immediately. If your child is not in immediate danger then talk with them about their drug use, at a time when they are not using.



What to say

Use every opportunity to discuss drug use. For example, when drugs are

mentioned in a television programme. You can give accurate information regarding the risks of drug use at an early age.



Prevention

Ensure that you are informed about drug use and the effects of different types of drugs. There are many helpful guides available from the help lines listed.

Contacts:

Drug/Alcohol Service – www.telfordstars.org or **0300 4564291**

Family Connect 'Getting the right help at the right time' – **01952 385385** or email familyconnect@telford.gov.uk or text **07797 875 385** or visit www.familyconnecttelford.co.uk

Frank – **0300 123 6600**

TACT – <http://tacteam.org.uk/>

Al-anon for young people – **020 7403 0888**

www.talktofrank.com
www.al-anonuk.org.uk

21. Talking with Teenagers

Key things to consider:

- Understand your teenagers feelings
- Listen as well as talk
- Communication is the key to good family relationships



Warning Signs

If your child refuses to listen to you and never wants to share what is going on in their life, avoids spending any time with the family and refuses to do as you ask, you need to act now to re-build your relationship.



Action

Try to understand what they are going through. Accept that friendships, music, their own options and most other things are more important than you right now! Despite this knowing that you are there for them, gives your teenager the confidence to try new things.



What to say

Learn to listen as well as talk to your teenager. Show that you are interested in what they have to say, even though you don't have to agree with it. Talk when you know your teenager has time to listen and you are more likely to get a better response.



Prevention

A good relationship can be built up by talking about what's going on in their life without asking too many personal questions. Let them know you are there for them, whatever they have done and they will be more likely to turn to you when they need to.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385**
or email **familyconnect@telford.gov.uk**
or text **07797 875 385**
or visit **www.familyconnecttelford.co.uk**

School Nursing Service – **0333 358 3328**
Family Lives – **0808 800 2222**

www.familylives.org.uk

22. Teenage Pregnancy

Key things to consider:

- Raise the topic about sex and relationships
- Explain that you do not have to have sex and that saying 'No' is an option
- Don't give the message that sex is a problem
- Talk about sex even if it seems difficult



Warning Signs

Young people will not always tell you if there is something that is worrying them. You need to understand their needs and let them know that you are there and ready to listen.



Action

If you think that your child is having sex make sure they know where to go to get the right information and contraception. If you think your daughter might be pregnant or if she has told you that she is, make sure she sees her doctor.



What to say

Talk to your daughter about birth control. Make sure your son knows that pregnancy is not just a girls problem.



Prevention

Make sure that your teenagers know about and practice safe sex. Remember it's not just about preventing pregnancy but also to stop them getting Sexually Transmitted Infections (STI's)

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385**
or email – familyconnect@telford.gov.uk
or text – **07797 875 385**
or visit – www.familyconnecttelford.co.uk

Health Visitors 0-5 Years 'Helping parents with their under 5's' – **0333 3583 328**
or text – **07964 134 107**

Family Lives – **0808 800 2222**

Ask Brook – **0808 802 1234**

Telford Sexual Health Service –
www.openclinic.org.uk

www.familylives.org.uk
www.brook.org.uk
www.fpa.org.uk
www.nhs.uk

23. Worried about a Child?

Key things to consider:

- Protecting children is everyone's business
- Adults have a responsibility to report abuse
- Consider offering some support if you are worried
- If in doubt share your concerns about children
- Reporting concerns rarely leads to a child being removed
- Act now – long term abuse is damaging for children



Warning signs

There are many possible signs of abuse, ranging from injury to changes in the way a child is acting. You could see something happen or a child may tell you they are being hurt.



Action

If you think that a child has been hurt, contact the Interviewing Officer or the Police. If you are unsure, you can

Speak to a helpline such as the NSPCC and your call will be kept private.



What To Say

Explain exactly what you have seen or been told. If you can, keep a note of dates, injuries and the exact words used. These will help you recall what has happened.



Prevention

Make sure your child knows who they can share worries with if and when they need to. Listen carefully to children and notice any changes in them.

Contacts:

Family Connect – **01952 385385** or email **familyconnect@telford.gov.uk**
or text **07797 875 385**
or visit **www.familyconnecttelford.co.uk**

Non emergencies West Mercia Police – **101**

NSPCC – **0808 800 5000** **www.nspcc.org.uk**

Family Lives – **0808 800 2222**

Childline – **0800 1111** **www.childline.org.uk**

Family Rights Group – **0808 801 0366**

www.familylives.org.uk

www.frg.org.uk

24. Young people in shape

Key things to consider:

- More young people are becoming overweight
- Medical conditions
- Being overweight is called obese
- Obese people are more likely to suffer from health problems
- An unhealthy diet and not enough exercise are to blame



Warning Signs

If your child eats a lot of unhealthy foods like crisps, chocolate, sweets and pastries and spends most of their free time in front of the TV or games console, they're more likely to become obese.



Action

Make simple long-term changes as a family rather than starting a crash diet. Limit unhealthy foods and encourage them to do more exercise they enjoy. If you are worried, talk to your Doctor. They will be able to refer you and your child to a Nutritionist. Be a good role model.



What to say

Make sure your child knows that good food is fuel for a healthy body and it's great to get the right balance between what they eat and how much they move around.



Prevention

Teach your child that healthy eating and exercise can be fun. Experts think that young people – Over 5's – should try to do at least one hour of activity a day to stay healthy.

Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385** or email **familyconnect@telford.gov.uk** or text **07797 875 385** or visit **www.familyconnecttelford.co.uk**

British Heart Foundation Helpline – **0300 330 3311** or **www.bhf.org.uk**

BEAT Beating Eating Disorders – Adult Helpline **0808 801 0677**, Youthline **0808 801 0711**, Studentline **0808 801 0811** **www.beateatingdisorders.co.uk**

Change4life – **0300 123 4567** or **www.nhs.uk/change4life**

Healthy Lifestyle Service **01952 382582** or email **healthylifestyles@telford.gov.uk**

25. Smoking

Key things to consider:

It is common for young people to experiment with smoking, and your child might be pressured by their friends to try it. Remind your child that they can talk to you about anything that worries them, so that they can come to you for advice about what to do in this situation.

Since 1st October 2015 it is illegal to smoke in a car where a child is present.

Make sure your child understands why smoking is bad for them- talk to them about why it is bad for their health, how expensive smoking is and how difficult it can be to quit once someone is addicted.



Warning Signs

If your child comes home smelling of smoke, if you notice they are often asking to borrow money with nothing to show for it, if you notice your own cigarettes start to go missing or you find papers or lighters in your child's belongings it might be time to talk to them about smoking.



Action

When someone smokes they are more likely to develop heart disease, lung disease and cancers. Because of this it is important that we do everything we can to help young people not to start smoking in the first place. Talk to them and try to understand whether they are smoking, why, and talk to them about the importance of stopping. Offer to help them quit, or if you both smoke you could try to quit together.



What to say

Try not to be angry, because this makes it hard for your child to be honest with you. Explain your reasons for thinking they might be smoking, and why you are worried about it. Offer to help them quit, or if you both smoke you could try to quit together.

25. Smoking continued



Prevention

It is illegal to sell cigarettes to anyone under 18. If you know a shop has sold cigarettes to your child, you can report them by using the Council's 'Everyday Telford' App and going to the Public Protection pages.

If you smoke, it might be hard to explain to your teenager why they shouldn't smoke too. Try having an honest chat about how smoking is addictive, and what you find to be bad about smoking. You can get help to quit smoking for free by visiting the Healthy Lifestyles Hub at Southwater One or calling them on 01952 382582.

Remember that if parents or other family members smoke inside your home, children will breathe in the smoke and can become ill because of it. Children look up to their family, so if they see you smoking they might think it is ok for them to smoke too.



Contacts:

Family Connect 'Getting the right help at the right time' – **01952 385385**
or email **familyconnect@telford.gov.uk**
or text **07797 875 385**
or visit **www.familyconnecttelford.co.uk**

Healthy Lifestyles Hub **01952 382582**
View our **Healthy Telford blog**
<https://healthytelford.com>

26. Accident Prevention

Key things to consider:

Accidents happen all the time. As adults its our job to ensure we try to reduce accidents and manage any accidents appropriately.

There are a number of different types of accident such as;

- Choking
 - Burns and scalds
 - Poisoning
 - Drowning
 - Falls
 - Road traffic
 - Suffocation
 - Strangulation
-



Warning Signs

When children go quiet and there not in the room with you or you hear them screaming and shouting. If you find empty bottles of cream, lotions and disinfection or open pill bottles.



Action

Try to ascertain what they have eaten, or clear there airway or remove the hazard where possible.

What to do:

Check how serious the injury is and either manage it yourself or call 111 for non-life threatening or call 999 for serious injury. Keep the child calm and reassured.

Many injuries will be minor so you could mange yourself or visit your local medical practice or pharmacist for advice and help.

26. Accident Prevention continued



Prevention

Keep children safe and reduce actions a few simple thing to think about:

Don't drink hot drink around babies.

Put cold water into the bath before you put any hot in.

Keep small objects away from small children to reduce the risk of choking.

Ensure your kitchens are safe – remove all knives, keep hot pan handles out of reach, move bleaches and cleaner into high cupboard so children can't reach and keep all medication out of reach.

Keep button batteries away from children if swallowed they can burn their throat.

Watch young children around blind cords they have been know to strangle children.

Keep children safe around roads and teach them their green cross code.

Keep plastic bags away from young children, especially nappy sacks to reduce suffocation.

Contacts:

Family Connect 'Getting the right help at the right time' **01952 385385**

or email **familyconnect@telford.gov.uk**

or text **07797 875 385**

or visit **www.familyconnecttelford.co.uk**

27. Useful Contacts

Advisory Centre for Education (ACE) –
0300 0115 142 – www.ace-ed.org.uk

Al-anon –
0800 0086 811 – www.al-anonuk.org.uk

Ask Brook –
07810 701134 – www.brook.org.uk

British Eating Disorders –
0808 8016077 – www.b-eat.co.uk

British Heart Foundation –
0300 330 3311 – www.bhf.org.uk

British Nutrition Foundation –
020 7557 7930 – www.nutrition.org.uk

Bullying UK – 0808 800 2222
www.bullying.co.uk

Carer UK –
020 7378 4999 – www.carersuk.org

Carers trust – 0300 772 9600 carers.org

Change4Life – 0300 123 4567 –
www.nhs.uk/change4life

Child Accident Prevention Trust
020 7608 3828 – www.capt.org.uk

**Child Exploitation and Online Protection
Centre (CEOP)** – 0870 000 3344 –
www.ceop.police.uk

Childline –
0800 1111 – www.childline.org.uk

Contact a Family –
0808 808 3555 – www.cafamily.org.uk

Cruse Bereavement –
0808 808 1677 – www.cruse.org.uk

Cry-sis Helpline –
08451 228 669 – www.cry-sis.org.uk

**Department for Children, Schools and
Families** – 0370 000 2288 –
www.education.gov.uk

Equality and Human Rights Commission
– 0808 800 0082
www.equalityhumanrights.com

**Families & Friends of Lesbians and Gays
(FFLAG)** – 0845 652 0311
www.fflag.org.uk

Family Lives – 0808 800 2222
www.familylives.org.uk

Family and Parenting – 020 7239 7535 –
www.familyandchildcaretrust.org

Family Rights Group – 0808 801 0366 –
www.frg.org.uk

Food Standards Agency – 020 7276 8829
www.food.gov.uk

FRANK – 0300 123 6600 –
www.talktofrank.com

Kidscape –
020 7823 5430 – www.kidscape.org.uk

Missing Persons Helpline – 116 000 –
www.missingpeople.org.uk

National Deaf Children's Society –
0808 800 8880 – www.ndcs.org.uk

National Domestic Violence Helpline –
0808 2000 247 – www.womensaid.org.uk

National Self Harm Network –
www.nshn.co.uk

27. Useful Contacts continued

NSPCC –

0808 800 5000 – www.nspcc.org.uk

One Parent Families / Gingerbread –

0808 802 0925 – www.gingerbread.org.uk

Samaritans National –

08547 116 123 – www.samaritans.org

Victim Supportline –

08 08 16 89 111 – www.victimsupport.org.uk

Youngminds –

0808 802 5544 – www.youngminds.org.uk

Youth Justice Board for England and Wales – 020 3334 5300 – www.gov.uk

Other Useful Websites...

www.familylives.org.uk

www.actionforchildren.org.uk

www.justice.gov.uk

www.kidsmart.org.uk

Other Local Contacts...

Family Connect –

01952 385 385

Family Planning Association Sexual Health Clinic (Shrewsbury)

0300 123 0994

Parent Partnership –

01952 457 176

Telford Support –

01952 380 400

Samaritans –

01952 116 123 (UK)

Youth Offending Service –

01952 385 985

West Mercia Police (Non-emergency) –

0300 333 3000 or 101